

# PLAN B

## Pharmacist Information



### What is Plan B?

- ◆ Plan B is one form of emergency contraception.
- ◆ Plan B reduces the risk of pregnancy after unprotected sex or contraception failure.

### Who should be given Plan B?

- ◆ Plan B should be given to patients who had sex and:
  - Did not use a method of birth control;
  - Used a condom that broke; or
  - Forgot to take 2 or more of their birth control pills
- ◆ Plan B can be dispensed to someone related to the patient such as a partner, parent, relative, etc.
- ◆ Women 18 years of age and older may obtain Plan B without a prescription. Women under the age of 18 need a prescription.

### How does Plan B work?

- ◆ Plan B contains one of the same hormones (levonorgestrel) that is used in birth control pills.
- ◆ **Plan B is not an abortion pill.** It prevents pregnancy. It does not stop and won't affect an established pregnancy.
- ◆ Although Plan B may be used up to five days after sex, it is less effective when there is a greater time interval between unprotected sex and taking the pill.
  - If taken within 24 hours, there is a 95% chance of preventing a pregnancy
  - If taken between 25-48 hours, there is an 85% chance
  - If taken within 49-62 hours there is a 58% chance

### Instructions: **Ask, Inform, Instruct** and **Provide**

- ◆ **Ask** if the patient is allergic to levonorgestrel, the main hormone in Plan B.
- ◆ **Inform** the patient or consumer that timing is an essential element of the product's effectiveness.
  - Treatment may be initiated up to five days (120 hours) after unprotected intercourse.
    - If taken within 24 hours there is a 95% chance of preventing a pregnancy.
    - If taken between 25-48 hours, there is an 85% chance.
    - If taken within 49 – 62 hours there is a 58% chance.
  - Some women experience side effects similar to regular birth control such as nausea (23% of users), abdominal pain (18%), headache (17%), tiredness (17%).
  - Dizziness and breast tenderness occurs in about 10% of patients, and 5-6% of patients experience either vomiting or diarrhea.
  - Other possible side effects are menstrual changes such as spotting before the next period, or changes in menstrual flow.
  - If the patient's period is more than one week late she should check with a health care provider to see if she is pregnant.
- ◆ **Instruct** the patient on how to properly take the pills.
  - FDA approved labeling recommendations are to take one tablet immediately and take the second tablet 12 hours later.
- ◆ **Provide** the patient with a fact sheet and review any questions the patient may have regarding EC.

## Guide for beginning a Family Planning Method after Emergency Contraception

Method	Regular start	Jump start	Reminders
Oral contraceptives pills (OCPs) (combination or progestin-only)	Use back-up contraception method until next period, then begin OCPs within 5 days of beginning the next menstrual period.	Start a new package of OCPs the day after taking the two EC doses (use back-up contraception method for first seven days).	Pregnancy test if patient does not have normal period after completing first package of OCPs.
Injectable contraceptives	Use back-up contraception method until next period, then start injectable method within 5 days of beginning the next menstrual period.	The day after EC treatment is completed, check a pregnancy test and if negative start injectable method. (use back-up contraception method for first seven days). Check a repeat pregnancy test in 2-3 weeks.	
Implants	Use back up contraception method until next period then initiate within 5 days of beginning the next menstrual period.		
Contraceptive patch	Use back-up contraception method until next period, then begin patch within 5 days of beginning the next menstrual period.	Apply the patch the day after taking the two EC doses (use back-up contraception method for first seven days).	Pregnancy test if patient does not have a normal period after completing a one-month supply.
Intrauterine device (IUD)	Use back-up contraception method until next period, then proceed with IUD insertion.		
Diaphragm	Begin using immediately.		
Condoms	Begin using immediately.		
Spermicides	Begin using immediately.		
Vaginal Ring	Use back up contraceptive method until next period, then start the ring within five days of the next menstrual period. Use back up contraception until the ring has been in place 7 days.	Start the ring the day after taking EC (Use back up contraception method for the first seven days)	Pregnancy test if the patient does not have a normal period.